

# QUADRICEP 1

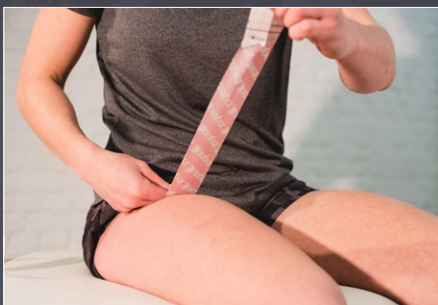
## RECOMMENDATIONS

- Clean skin
- Make a rounded cut to each end of the tape using sharp scissors
- When applying, do not stretch the first and last 3-5cm of the tape
- When applied, vigorously rub the tape to activate the adhesive
- The tape can be worn for a maximum of 4-5 days



## BODY POSITION

Sit down with the knee bent at a 90 degree angle



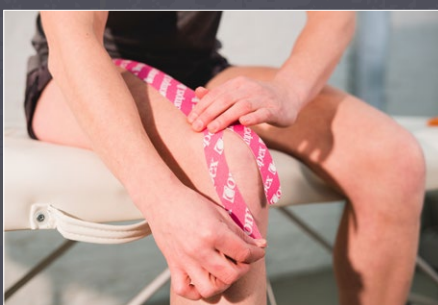
### STEP 1

Attach the first 5cm of tape with 0% stretch



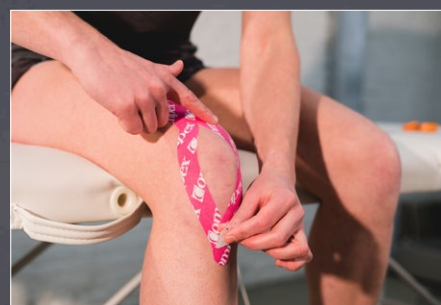
### STEP 2

Tape along quadricep with 25% stretch



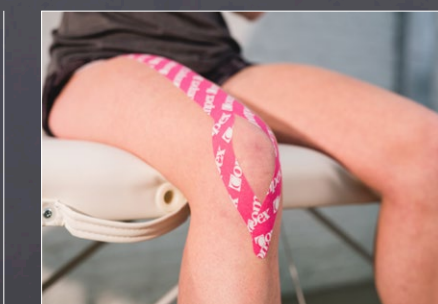
### STEP 3

Tape around one side of the knee with 25% stretch



### STEP 4

Tape around the other side of the knee with 25% stretch



## FINAL RESULT